

TOP OF GROUP

# Panama *at the World Cup.*

*Group winners stay east - a bonus knockout fixture if you top your group.*



PANAMA

GROUP

L

CONFEDERATION

CONCACAF

OPENS AGAINST

England · Kansas City

**TOURNAMENT**

11 June - 19 July 2026 · USA · Canada · Mexico

[matchday48.com/teams/panama/](https://matchday48.com/teams/panama/)

Built in collaboration with

**IsTheFootballOn**

# Your trip at a glance

Panama · Top of group

<b>MATCHES</b> <b>4</b> 3 group + up to 1 knockout	<b>HOST CITIES</b> <b>3</b> Kansas City → Houston → New York / New Jersey	<b>COUNTRIES</b> <b>1</b> USA	<b>TRAVEL TIME</b> <b>2h</b> Between host cities
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## YOUR ROUTE ACROSS NORTH AMERICA



● Your stops ● Other host cities

### BASE CAMP

TBC

### FINAL VENUE

MetLife Stadium · New York / New Jersey · 19 July 2026

**01** FIXTURES


3 MATCHES

# Your group stage

MATCH

**1**

 **vs England**

 Wed, 17 Jun 2026  Kansas City - Arrowhead Stadium

KICKOFF

**TBC**

MATCH

**2**

 **vs Croatia**

 Tue, 23 Jun 2026  Houston - NRG Stadium

KICKOFF

**TBC**

MATCH

**3**

 **vs Ghana**

 Sat, 27 Jun 2026  Kansas City - Arrowhead Stadium

KICKOFF

**TBC**

BASE CAMP

TBC

TEAM HOTEL

TBC

CENTRAL REGION · USA

# Kansas City

Arrowhead Stadium · MCI



CAPACITY

**76,416**

ROOF

**Open bowl**

SURFACE

natural grass overlay

CLIMATE

Warm, humid,  
thunderstorm-prone.

## WHERE TO STAY

### BUDGET

#### **Holiday Inn Kansas City Downtown**

Walkable to Power & Light.

### MID

#### **Crossroads Hotel**

Boutique in the Crossroads arts district.

### PREMIUM

#### **The Fontaine**

Country Club Plaza, rooftop pool.

#### **Loews Kansas City**

Newest downtown high-rise.

## WHERE TO EAT

#### **Joe's Kansas City BBQ**

BBQ - Z-Man sandwich; expect a queue.

#### **Q39**

BBQ - Competition-grade brisket, Midtown.

#### **Bluestem**

modern American - Westport, James Beard alumnus.

## WORTH YOUR TIME

#### **Nelson-Atkins Museum of Art**

Free entry; shuttlecocks on the lawn.

#### **Country Club Plaza**

Spanish-style open-air district.

#### **18th & Vine Jazz District**

Negro Leagues Baseball + Jazz museums.

#### **Power & Light District**

Live music and bars downtown.

CENTRAL REGION · USA

# Houston

NRG Stadium · IAH / HOU

nr<sup>g</sup> stadium



CAPACITY

**72,220**

ROOF

**Retractable**

SURFACE

natural grass overlay

CLIMATE

Hot and humid. 32-35 °C  
with heavy afternoon  
storms.

## WHERE TO STAY

### BUDGET

#### **La Quinta by Wyndham Houston Reliant Park**

Walking distance to NRG.

### MID

#### **The Hotel Alessandra**

Downtown, modern.

### PREMIUM

#### **Hotel ZaZa Houston Museum District**

Pool, central to museums.

#### **The Post Oak Hotel at Uptown**

Five-star, Galleria area.

## WHERE TO EAT

#### **Pinkerton's Barbecue**

BBQ - Texas pit BBQ, Heights.

#### **Xochi**

Oaxacan - Hugo Ortega, mole flight a must.

#### **Crawfish & Noodles**

Viet-Cajun - Asiatown; crawfish season tails off in June.

## WORTH YOUR TIME

#### **Space Center Houston**

NASA mission control tour; a half-day.

#### **Museum District + Menil Collection**

Most museums free on Thursdays.

#### **Galveston beach day**

1 hr south, Gulf Coast.

#### **Buffalo Bayou Park**

Kayaking and cycling near downtown.

EASTERN REGION · USA

# New York / New Jersey

MetLife Stadium · EWR / JFK / LGA



CAPACITY

**82,500**

ROOF

**Open bowl**

SURFACE

natural grass overlay

CLIMATE

Warm to hot, occasionally humid. Light jacket for evenings.

## WHERE TO STAY

### BUDGET

#### **HI NYC Hostel**

Upper West Side, Manhattan.

#### **Pod 39**

Budget micro-hotel, Midtown.

### MID

#### **Ace Hotel New York**

NoMad, lobby scene.

#### **citizenM Bowery**

Lower East Side, pod-style.

### PREMIUM

#### **The Mark**

Upper East Side, Jean-Georges on site.

#### **The Ritz-Carlton NoMad**

Rooftop bar.

## WHERE TO EAT

### **Katz's Delicatessen**

deli - Lower East Side, pastrami on rye.

### **Di Fara Pizza**

pizza - Midwood, Brooklyn; Dom DeMarco's slices.

### **Atomix**

tasting menu - Korean tasting menu, book two months ahead.

## WORTH YOUR TIME

### **The High Line + Hudson Yards**

Rail-trail through Chelsea.

### **Metropolitan Museum of Art**

Pay what you wish for NY residents; full price otherwise.

### **Staten Island Ferry**

Free; passes the Statue of Liberty.

### **Brooklyn Bridge walk + DUMBO**

Start Manhattan-side at sunset.

# 02 TRAVEL

1 HOP

## Getting from A to B

### Kansas City → Houston

-  Drive 11h
-  Fly 1.5h

Worth stopping: **Tulsa, OK** - Art Deco downtown; Gathering Place park.

**03** PRE-FLIGHT

16 ITEMS

## Packing checklist

- |  |  |
|--|--|
| <input type="checkbox"/> Passport + printed copy             | <input type="checkbox"/> Tournament tickets                    |
| <input type="checkbox"/> Insurance card + emergency contacts | <input type="checkbox"/> 20,000 mAh power bank                 |
| <input type="checkbox"/> Universal travel adapter            | <input type="checkbox"/> International eSIM                    |
| <input type="checkbox"/> Broken-in walking shoes             | <input type="checkbox"/> Water bottle (empty through security) |
| <input type="checkbox"/> Packing cubes                       | <input type="checkbox"/> Sunscreen SPF 50                      |
| <input type="checkbox"/> Hat + sunglasses                    | <input type="checkbox"/> Lightweight rain shell                |
| <input type="checkbox"/> Compression socks for flights       | <input type="checkbox"/> Matchday polyester shirt              |
| <input type="checkbox"/> Travel-friendly debit/credit card   | <input type="checkbox"/> Ibuprofen / paracetamol               |

AFFILIATE · AMAZON

### Reflective LED armband

Evening kick-offs mean walking back after dark. A clip-on reflective LED armband keeps you visible to traffic, packs to nothing and costs a few pounds.

[Find it on Amazon](#)

04 AFFILIATE · AMAZON

TESTED PICKS

## Fan gear for your route



### 20,000 mAh power bank

Enough for a matchday of phone, camera and maps.

[Find on Amazon →](#)



### Packing cubes

Non-negotiable for a multi-city trip.

[Find on Amazon →](#)



### Sun-protective long-sleeve

UPF protection without cooking you - Dallas/Miami/Monterrey.

[Find on Amazon →](#)



### Universal travel adapter

One adapter that handles plugs in all three host countries.

[Find on Amazon →](#)



### Travel pillow

For the long flight and the cross-country drive.

[Find on Amazon →](#)



### Wide-brim sun hat

Better than a cap for afternoon kickoffs in the south.

[Find on Amazon →](#)



### Walking shoes

You will walk more than you think - break them in first.

[Find on Amazon →](#)



### Compression socks

Long-haul flights are brutal without them.

[Find on Amazon →](#)

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## LIVE UPDATES

Open the live Panama team page for fixture, base-camp and route updates.